



The Nutrition Safari hopes you are getting ready for some summer fun, it's just around the corner. Take care of yourself this summer around the pool, never go swimming without permission and protect yourself from those harmful sun rays. Always use SPF and make sure that you wear sunglasses and a hat while playing outside. Enjoy nature as much as you can while the weather is nice.

Pasta! Pasta!



Lincoln/Ambrose Elementary May 2010

Fruit & Veggie Of The Month



Banana

LUNCH PRICES	
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25

ALL STUDENT LUNCH INCLUDES
Skim Milk, 1% Milk or Strawberry,
Low Fat Chocolate Milk
100% Orange Juice

Lunch Alternatives
3: Peanut Butter and Jelly Sandwich
4: Peanut Butter and Fluff Sandwich
5: Healthy Choice Salad
Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing & whole wheat dinner.
<i>*Above served with low-moisture, part-skim mozzarella cheese, and Matzo cracker and the remainder of the meal.</i>

Questions or comments on the Foodservice Program? Please call Kevin Silvia Food Service Director Whitson's Culinary Group "Bringing Fresh Ideas to the Table"

781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
Early Release all Levels	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. American Sub Romaine Salad	1. "Cinco de Mayo" Two soft tacos stuffed with chicken, shredded lettuce & cheese. Served w/ Spanish Rice 2. Turkey & Cheese Wrap Carrot Sticks W/LF Dip	1. Heidi's Cheese Tortellini Cheese Tortellini pasta tossed in a basil marinara. Garlic Cheese bread stick 2. Tuna Salad Sub Caesar Salad	1. Glorias Pizza Cheese Pizza Slice 2. Chicken Ranch Sandwich Mixed Green Salad W/LF Dressing
1. Open Faced Turkey Sandwich Roast Turkey sliced served on bread topped w/ Turkey Gravy 2. Veggie Wrap Steamed Peas & Carrots	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Ham & Cheese Wrap Carrot Sticks WLF Dip	1. Lukes BBQ Tender chicken breast topped w/BBQ sauce & cheese on a bun. Served W/ baked chips 2. Egg Salad Wrap w/corn on the cob	1. Cheesburger Sliders Two mini burgers topped w/ cheese. Served w/ Tator Tots 2. BLT Cheese on a Pretzel Bagel Romaine Salad	1. Glorias Pizza Cheese Pizza Slice 2. Roast beef on a bun Mixed Green Salad W/LF Dressing
1. Waffles for Lunch Waffles w/syrup, sausage & scrambled eggs. 2. Bagel Lunch Cupped Apricots	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Turkey & Cheese on a bun Broccoli Bites WLF Dip	1. Baked Macaroni & Cheese Pasta Tossed in a L/F cheese sauce & baked. 2. Salami & Cheese Steamed Green Beans	1. Chicken Nuggets Breaded Chicken Nuggets baked & served w/ a dipping sauce & mashed potatoes. 2. Nacho Lunch Seasoned Corn	1. Glorias Pizza Cheese Pizza Slice 2. Salami & Cheese Wrap Seasoned Carrots & Peas
1. Roast Pork Dinner Tender Roast Pork marinated in BBQ Sauce served w/ potato wedges & whole wheat dinner roll. 2. Chicken Ranch Sandwich Seasoned Carrots	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Chicken Caesar Salad Broccoli Bites WLF Dip	1. Sweet & Sour Chicken Popcorn Chicken served w/ sweet potato fries & maple dipping sauce 2. Chicken Caesar Wrap Cupped Cranberry Sauce	1. Hot Dogs All beef hot dogs served with a roll Cupped Pudding 2. Turkey, Ham & Cheese Sub Steamed Broccoli	1. Glorias Pizza Cheese Pizza Slice 2. Chicken Salad Wrap Caesar Salad
No School Memorial Day				Lucky Tray Day! 

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
All Products in our program have Zero Trans Fats!
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
Our Ketchup is High Fructose Corn Syrup Free!
We offer Only Low Fat Cheeses and Condiments!
Vegetables are always fresh and crisp!
Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
10 Lunches=30.00 30 Lunches= 90.00

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.



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